



Wise Teacher-Healthy Child- Courses for teachers on dietetics and healthy nutrition of children and adolescents

Newsletter N°1
February 2014



WITH.CH



Dirección Sanitaria Costas del Sol
Servicio Andaluz de Salud
CONSEJERÍA DE IGUALDAD, SALUD Y POLÍTICAS SOCIALES



THE PROJECT

With-ch is an European project carried on in several countries: Poland, Italy, Turkey, Romania, Spain and United Kingdom. The key objective of the project is to provide teachers from all types of schools with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle.

Detailed aims of the project

- improvement of the awareness concerning the importance of terms like dietetics, healthy nutrition and an active lifestyle of children and adolescents
- improvement of the level of practical knowledge concerning dietetics and health prophylaxis
- providing methodological training for participating teachers in order to carry out various educational activities in the field of dietetics, healthy nutrition and popularization of knowledge regarding a healthy lifestyle
- exchange and transfer of good practices among the partner countries
- diversity of partners' educational offer (e-course, e-publication)
- establishment of international collaboration

With.CH PROJECT MEETING N.1

The kick-off meeting of the project was held in Lodz on 23-26 October 2013 with representatives of partner. During the first project meeting, the following details regarding cooperation among partners discussed:

- structure of research questionnaires and summary report - expectations, deadlines, content, questions;
- guidelines on conduction of field research - number of respondents, timing, methods and general expectations;
- detailed structure, timetable and scheme of project workshops and thematic course;
- strategy related to preparation and conduct of participants' recruitment process, working methods;
- each partner's role, expectations.

Furthermore, partners participated in cooking workshops



The second partner meeting will be in Taskopru (Turkey) between the 17th and the 21th of March 2014.

All partners will participate in the meeting and will discuss the bellow mentioned topics:

- introduction of the project progress and activities done so far;
- observations, difficulties, recommendations and suggestions on field research
- dissemination activities – presentation of the web page
- presentation of partners' opinions and suggestions;
- national report – tips and hints.
- comments on the communication and dissemination plan.
- cooking workshop

First year is mainly the research year – partners have delivered common questionnaire and research guidelines and since February we all are conducting the research in partner countries. Our aim is to find out what Europeans know about healthy and active living, what they eat and how many times a week they do any physical activity.

Would you like to learn more? Would you like to leave us a note?

Please visit and contact us at: with-ch.wix.com/leonardo